

# LIVABLE ORLANDO

An Age-Friendly Initiative Action Plan

2022 - 2025



## Livable Orlando:

# An Age-Friendly Initiative Action Plan 2022-2025

City Council Workshop  
August 15, 2022

Presented by  
Paul S. Lewis, FAICP

## Livable Orlando: An Age-Friendly Initiative

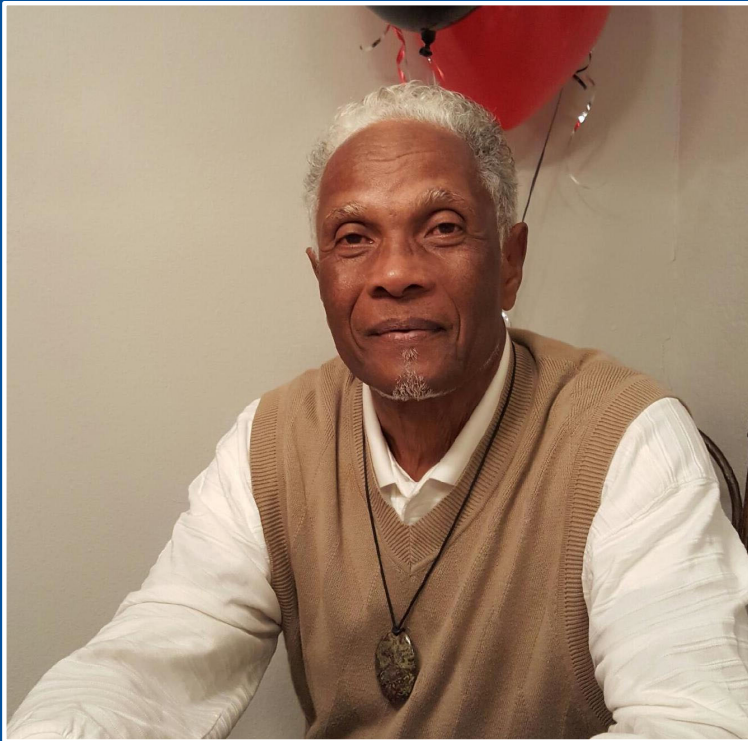


On October 28, 2019, the City of Orlando joined the AARP Network of Age-Friendly Communities. As a member of the network, we have committed to conducting a community assessment to determine our city's age-friendliness, to develop an action plan based on its findings and implement age-friendly initiatives.

### Mayor's Committee on Livability & Healthy Aging

- Dean Grandin, AICP – Chair, Orlando Resident
- Tristan Ruby, MPH – Vice Chair, Senior's First, Inc.
- Tobi Allen – Orlando Resident
- Nicole Brown – Orange County Office on Aging
- Fran Carlin-Rogers – Senior Transportation Consultant & CarFit Instructor
- Ingrid Collins – AARP Florida - Orlando
- Marwa El-Menshawi, MD, Cornerstone Health Services
- Joan Hansen – Orlando Resident
- Marie Hernandez – AARP Volunteer
- Sarah Larsen – MetroPlan Orlando
- Eric Mabbagu – Orlando Senior Health Network
- Paul Meunier – Orlando Resident
- Gloria Pickar, EdD, RN – Orlando Resident
- Karla Radka – Senior Resource Alliance
- Reverend Erika Rembert Smith – Washington Shores Presbyterian Church
- Ken Terrell – Oak Central Florida
- Ladda Thiamwong, PhD, RN – University of Central Florida

## Livable Orlando: An Age-Friendly Initiative



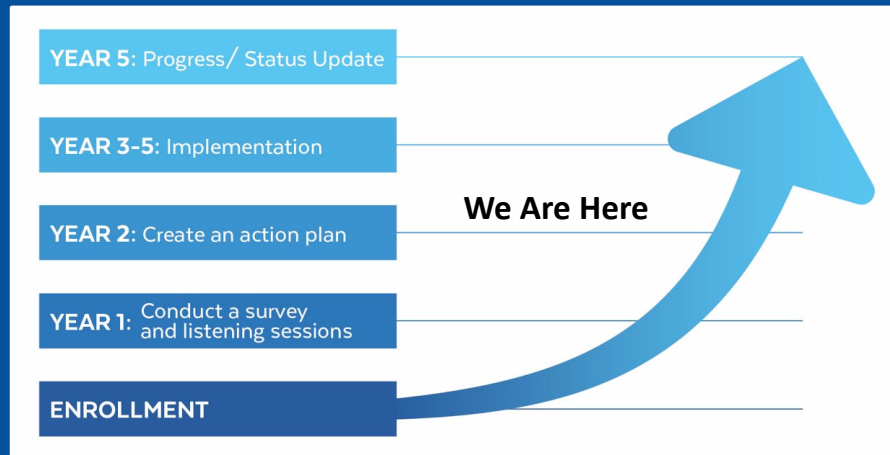
July 2, 1943 – February 16, 2022

### Dedication

The *Livable Orlando Age-Friendly Action Plan* is dedicated to the memory of Lynn Nicholson, a dear friend and tireless neighborhood champion, who provided invaluable wisdom as a member of the Mayor's Committee on Livability & Healthy Aging.

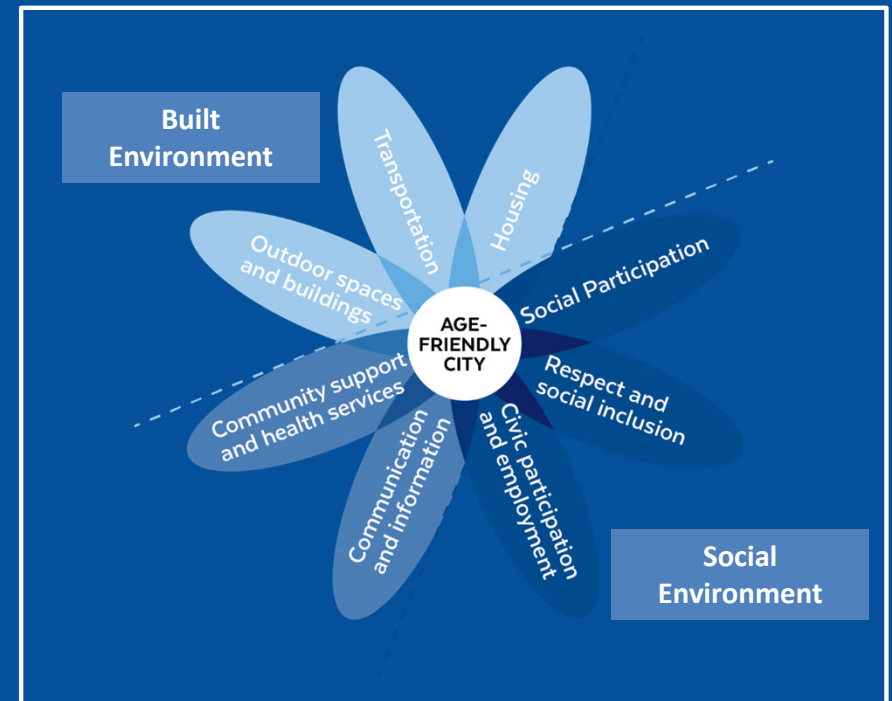
# Livable Orlando: An Age-Friendly Initiative

## Our Process



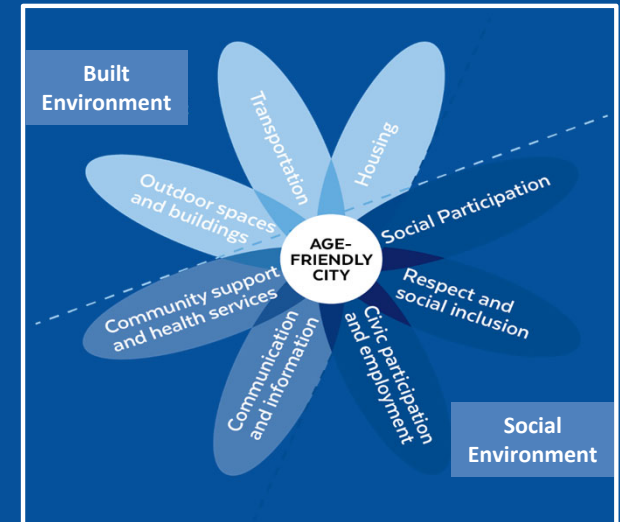
- Age-Friendly Community Livability Survey
- Data & Analysis – Deep Dive
- Community Engagement – 30+ Neighborhood and Community Events to listen and gather input.
- Intersecting Initiatives

## 8 Domains of Livability



## 8 Domains Livability – The Built Environment

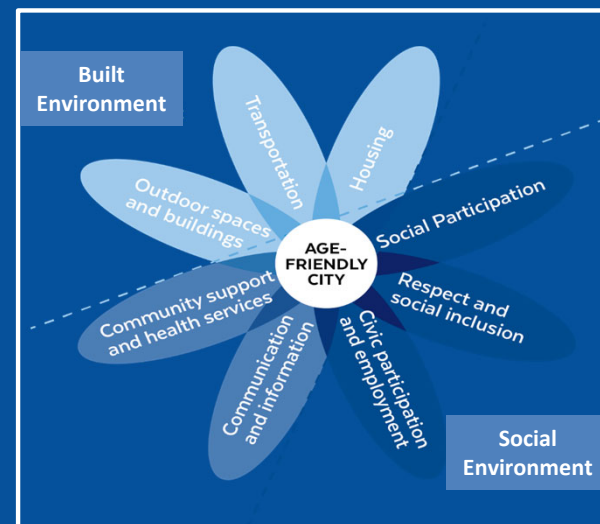
Domain	Overarching Goals
<b>OUTDOOR SPACES &amp; BUILDINGS</b>	<p><b>WE ENVISION...</b></p> <p>...an Age-Friendly Orlando where older adults can safely, easily, and comfortably access the natural and built environment, including parks, greenspaces, trails, and sidewalks, as well as public buildings.</p> <p>...an Age-Friendly Orlando where older adults can improve their health and longevity by encouraging active lifestyles including participation in meaningful recreational and cultural activities.</p>
<b>HOUSING</b>	<p><b>WE ENVISION...</b></p> <p>...an Age-Friendly Orlando in which safe, appropriately designed housing options are available and affordable to older adults, including housing with services that help them age in place and to enjoy their home.</p>
<b>TRANSPORTATION (MOBILITY)</b>	<p><b>WE ENVISION...</b></p> <p>...an Age-Friendly Orlando in which older adults can safely, conveniently, and comfortably travel where they want and need to go so that they can participate fully in their community.</p>





## 8 Domains of Livability – The Social Environment

Domain	Overarching Goals
<b>CIVIC PARTICIPATION &amp; EMPLOYMENT</b>	<b>WE ENVISION...</b> ...an Age-Friendly Orlando in which older adults have access to work opportunities as well as to meaningful volunteer opportunities.
<b>RESPECT &amp; SOCIAL INCLUSION</b>	<b>WE ENVISION...</b> ...an Age-Friendly Orlando that actively listens to, engages with, and celebrates the valuable contributions of, older adults in the community.
<b>SOCIAL PARTICIPATION</b>	<b>WE ENVISION...</b> ...an Age-Friendly Orlando with a wide array of affordable, equitable, and accessible social, recreational, and cultural opportunities for older adults.
<b>COMMUNITY SUPPORT &amp; HEALTH SYSTEMS</b>	<b>WE ENVISION...</b> ...an Age-Friendly Orlando that offers affordable, person-centered health care and supportive social services which promote active and independent living.  ...an Age-Friendly Orlando that recognizes the special needs of our community living with dementia, their family and caregivers, and that creates supportive communities which promote an enhanced quality of life.
<b>COMMUNICATION &amp; INFORMATION</b>	<b>WE ENVISION...</b> ...an Age-Friendly Orlando in which an effective communication system reaches and engages community members of all ages, including older adults.



# Livable Orlando: An Age-Friendly Initiative Action Plan

## APPENDIX A - ACTION ITEM MATRIX

DOMAIN: OUTDOOR SPACES & BUILDINGS				
GOAL	ACTION ITEM	YEARS		
GOAL A.1 - Ensure that the needs and opinions of older adults are considered in park and open space planning and design.	Action Item A.1.1: Create a system to engage surrounding neighborhood residents, including older adults, via surveys, community meetings, and other engagement methods through the park planning and design process.	1	2	3
	Action Item A.1.2: Develop a set of recommendations for age-friendly and dementia-friendly park features to use as a guideline when designing City-owned parks and greenspaces.	1	2	3
	Action Item A.1.3: Mitigate the effects of extreme heat on vulnerable populations such as older adults by providing trees in parks, open spaces and along roadways/paths, shade structures, and water/cooling amenities (e.g., splash pads, water fountains) in public parks, where practicable.	1	2	3
	Action Item A.1.4: Work with the Orlando Police Department (OPD) to educate older adults about how they can improve the safety of Orlando's outdoor spaces including encouraging older adults to report problems or concerns and to participate in OPD Community Programs such as Neighborhood Watch groups, the Citizen Observe Program, LGBTQ Safe Place, and National Night Out.	1	2	3
GOAL A.2 - Improve the sense of place, comfort, and interconnectedness of communities by promoting culturally appropriate age-friendly amenities and events.	Action Item A.2.1: Promote more public art to create landmarks, to make areas more aesthetically pleasing, and to assist with wayfinding.	1	2	3
	Action Item A.2.2: Work with the Families, Parks & Recreation Department, Downtown Development Board/Community Redevelopment Agency, and Main Street Districts to promote age-friendly events that increase a sense of place and of safety.	1	2	3
	Action Item A.2.3: Explore the creation of an Age-Friendly Certification Program and/or Age-Friendly Business Tool Kit that would educate and assist businesses in better serving their customers, no matter their age or ability.	1	2	3
	Action Item A.2.4: Recognize and encourage grassroots efforts such as Dementia-Friendly Dining in Central Florida.	1	2	3
GOAL A.3 - Encourage application of Universal Design principles to create an accessible and equitable built environment.	Action Item A.3.1: Develop Universal Design principles/best practices that can be provided to developers, builders, homeowners, and business owners as part of the planning and permitting process.	1	2	3

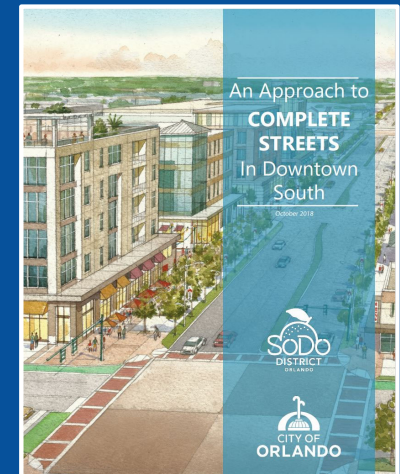
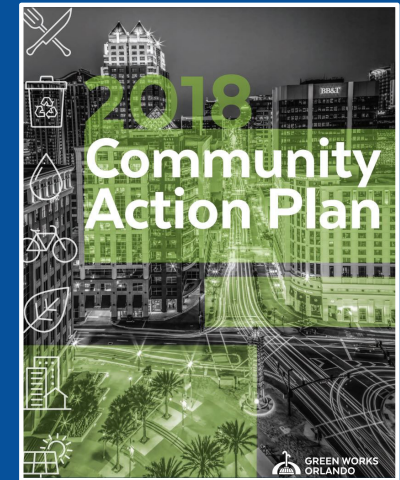
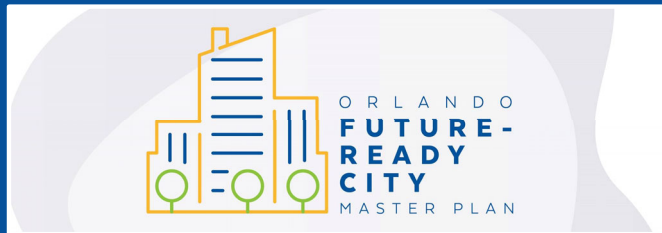
## Goals & Specific Action Items

- 25 Specific Goals
- 85 Specific Action Items
- Equity Through An Age-Friendly Lens

## Intersecting Initiatives

We are “cross-pollinating” our Age-Friendly Action Plan with the following:

- City of Orlando Growth Management Plan and Land Development Code
- Green Works Orlando Community Action Plan (Sustainability/Resiliency)
- Orlando Future-Ready City Master Plan
- Orlando Parks Master Plan
- Downtown Master Plan (Project DTO 2.0)
- Complete Streets Strategy (Implementation)
- Orlando Transportation Guidelines
- Vision Zero Orlando Action Plan
- Regional Affordable Housing Initiative
- Orange County Housing For All
- MetroPlan Orlando’s Health Strategic Plan

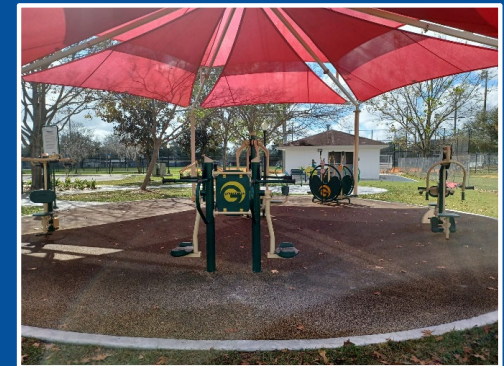




## Outdoor Spaces & Buildings – Intergenerational Planning & Design

### Grand Avenue Neighborhood Center & Park

- This \$17 million project includes the renovation of the existing historic building and a new gymnasium, offices for staff, a teen room, game room, classrooms for educational programs, a computer room, a recording studio, and expanded arts wing.
- The surrounding park has also been improved to include age-friendly amenities including playgrounds for children of different age groups, a musical instrument garden, and an ADA-accessible all-ages exercise equipment area with shade structure – so important in the hot climate of Central Florida.
- These outdoor amenities are in close proximity to each other with shaded seating areas designed specifically to allow parents and grandparents to watch their children and grandchildren.



#### Outdoor Spaces & Buildings Action Item A.1.3:

*Mitigate the effects of extreme heat on vulnerable populations such as older adults by providing shade trees in parks, open spaces and along roadways/paths, shade structures, and water/cooling amenities (e.g., splash pads, water fountains) in public parks, where appropriate.*

## Housing – Preserving Affordability

### Preserving Affordable Housing for Older Adults

- Preserving affordable housing for our older adult residents is critical to our community's livability.
- Baptist Terrace opened in 1969 as a 197-unit affordable senior living community.
- The affordability and age restrictions would have expired in 2021. After that, the building could have been purchased by a developer and turned into luxury condos.
- Through our Downtown Orlando Community Redevelopment Agency, the City of Orlando provided \$1 million dollars to help the Orlando Neighborhood Improvement Corporation purchase and completely renovate the building, which has been renamed The Roberts.
- On March 31, 2022, our community celebrated this wonderful affordable housing preservation story with a ribbon cutting and re-dedication event.

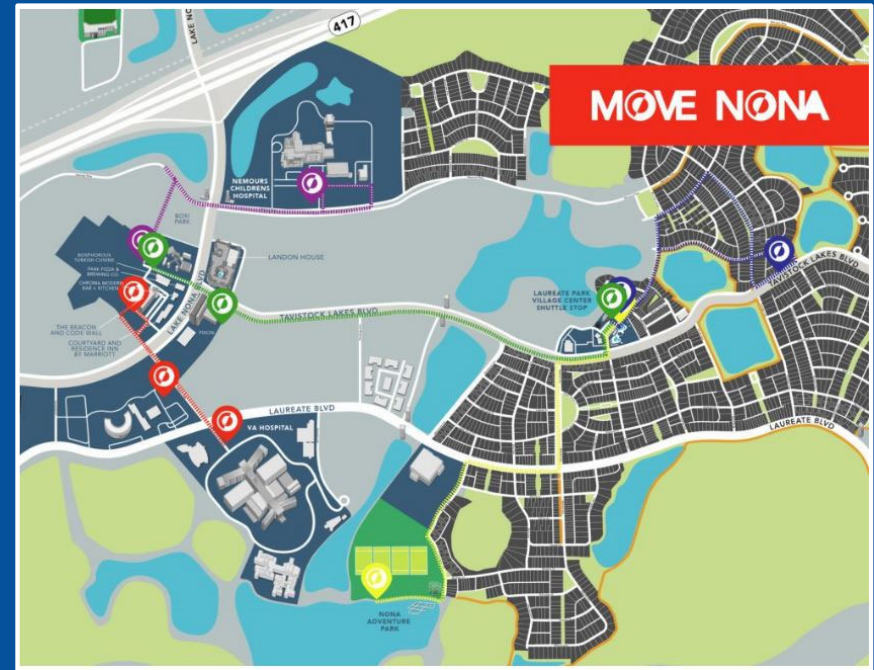




## Transportation – Improving the Mobility Experience

### Move Nona

- Move Nona shuttles are operated by Beep, an autonomous mobility solutions provider in Orlando's Lake Nona – Laureate Park neighborhood. It is the largest and longest-running single-site fleet in the country.
- The shuttles are all electric.
- Connects the town center, UCF Medical School, VA Medical Center Nemours Children's Hospital and the residential neighborhood including The Gatherings 55+ community.
- [www.lakenona.com/things/autonomous-vehicles-move-nona/](http://www.lakenona.com/things/autonomous-vehicles-move-nona/)



- Move Nona shuttles are ADA Accessible
- Shuttles arrive at a stop every 10-15 minutes
- Schedule and tracking in real-time by downloading Ride Beep, available for iOS and Android

## On the Horizon – Mobility and Placemaking

### Lake Nona's GreenLink (Coming Soon)

- Move Nona will be an important component of the GreenLink linear park system connecting the residential and commercial zones of the Lake Nona Medical City – Laureate Park neighborhood.
- The park will be framed by mid-rise mixed-use development containing activated civic space, bike/pedestrian facilities, and stormwater conveyance, all in a very attractive urban environment.





## On the Horizon – Age-Friendly Resiliency



### Social Participation Action Item F.3.1:

*Explore different concepts for transforming Orlando's senior centers and recreational centers to emphasize intergenerational opportunities.*

**Community Support & Health Systems Action Item G.2.1:** *Explore telehealth in the city's senior centers and recreation centers with an emphasis on communities of concern, and to significantly reduce health inequities.*

## 2021 AARP Community Challenge Grant – “Tables of Connection”



### Project Details

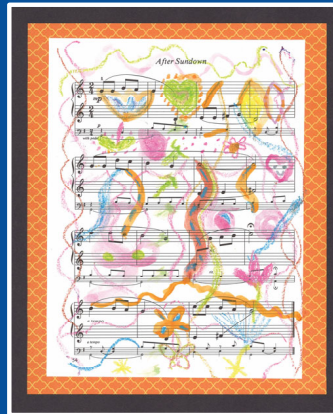
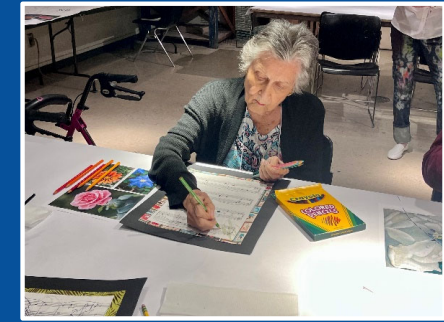
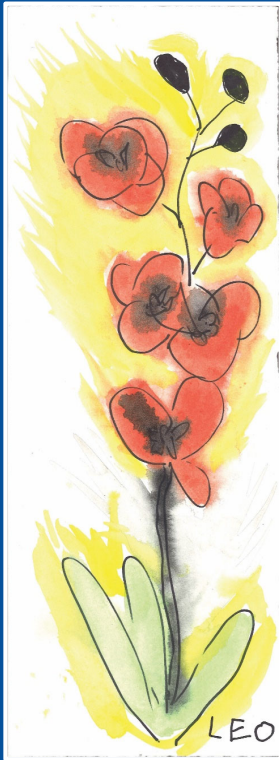
- Purchase and installation of wheelchair-accessible, solar-operated table and shade structure in two neighborhood parks: Prince Hall Park and Willows Park.
- Outfitted with Wi-Fi hotspots and charging stations.
- The tables bring needed connectivity to two neighborhoods in which 57% and 33% of residents, respectively, lack broadband service – much higher than the Orlando average of 18%.
- Rated for 175 mph winds, each table provides critically important services to residents after a storm or other power outage.
- Local artists have painted the concrete pads upon which the tables sit, providing a colorful, unique park amenity.



Prince Hall Park

Artist: German Lemus

Thank You! **AARP**<sup>®</sup>



The *Livable Orlando: An Age-Friendly Initiative Action Plan 2022-2025* features artwork created by **Art's the Spark** participants, a program offered by the Orlando Museum of Art for those living with memory or neurological impairments, such as Alzheimer's disease and Parkinson's disease.

We've also included poems from the City of Orlando's 2021 Words & Wisdom Poetry Contest in the Action Plan.

# Approval Process

Date	Action
August 15, 2022	City Council Workshop Presentation
September 12, 2022	City Council Acceptance
Mid-to-late September 2022	Action Plan transmitted to AARP and World Health Organization



# Implementation & Evaluation

- The implementation of the *Livable Orlando Age-Friendly Action Plan* will be directed by Mayor's Office staff in partnership with specific city departments over the next four years. Implementation will be periodically evaluated over time in accordance with the schedule outlined by the AARP Age-Friendly Network of Age-Friendly Communities program. The results of this initiative will be provided to the community to ensure appropriate transparency and accountability.
- The implementation effort will be guided by the Mayor's Committee on Livability & Healthy Aging, using the 25 specific goals and 89 action items identified in the plan.
- Our goal is that existing business and community partnerships will be enhanced and new partnerships will be created, to effectively implement the action plan.

# Call to Action

- The *Livable Orlando Age-Friendly Action Plan* has identified significant challenges for all of us – residents, public agencies, the private sector, nonprofit service providers, and cultural institutions. But it also gives us opportunities to transform the way we think about aging.
- Quite simply, our goal is to make the Orlando community a place to live better for longer, and for our city to be more accessible for everyone.
- In the next four years, our initiative will focus on improving the built and social environment to equitably enhance the lives of Orlando residents of all ages.

The *Livable Orlando Age-Friendly Action Plan* can be found  
on the City of Orlando's website here:

[AARP Age-Friendly Community - City of Orlando](#)



**Thank You!**

**Questions?**